

Psychological Aspects of Examination Anxiety and Ways to Cope with it

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Abstract. The main aim of this study was to discuss the psychological examination anxiety and the arguments of coping. The meaning of the word to cope; to finish a job, to be strong enough, to overpower, to surpass, to overcome and to strive. Examination is the evaluation process of the information that the candidate learns by making necessary studies. However, it is not a personality assessment. Sometimes the successes or failures in personality and exams are mixed with each other. Because the exam is a measure of the level of knowledge and skill at a limited time. Candidates who are successful in the exam are those who use the knowledge they have learned well during the exams. Those who fail to succeed and who do not receive enough points are unable to use the knowledge well at the time of the test. In this process, the candidate who is important here should not regard the failure of the examination as an inadequacy by seeing himself as valuable. Briefly, it is necessary to cope with the examination anxiety and breaking negative emotions by getting rid of worrying thoughts. During the examination period, it is necessary to work in a planned and programmed manner to prevent the daily work and to obtain a better success in the examination. However, it should not be forgotten; In fact, the exam is not a condition that creates anxiety in the candidate. The candidate's examination reveals anxiety with the feeling of not being successful by enlarging it more than necessary. Another important cause of concern is the high expectation of the social environment with the concern that the candidate cannot achieve the success he or she desires.

Keywords:

Success, knowledge,
personality assessment,
negative thoughts,
examination anxiety,
strategy.

DOI: 10.32906/AJES/683.2018.02.07

To cite this article: Alkayish A. (2018) *Psychological Aspects of Examination Anxiety and Ways to Cope with it*. Azerbaijan Journal of Educational Studies. Vol. 683, Issue II, pp. 89–106

Article history

Received: 04.06.2018; Accepted: 10.07.2018